

Hawaii MARINE SPORTS

Hawaii Marine C Section

June 20, 2003



Roland Manahan, field manager and Volcano team member, keeps his eyes on the opposing team's station as he sends rounds down the field. Manahan will be joining the Volcanoes at the "Best of the West" tournament in Maui Aug. 9 and 10.

Paintball claims no boundaries



John Schieltz, a member of Team Volcano, is caught overhead by Joshua Whann, the military justice chief at Base Legal aboard MCB Hawaii, while he is aimed in on another Volcano player.

Story and photos by
Cpl. Jessica M. Mills
Editor

It's not often in the game of chess you have a 10-second warning or an umpire sounding "game on! game on!" But not many people consider paintball a game of chess.

"Paintball expands to all age groups, it's diverse. You don't need to be 6 foot and all muscle; all you need is to think. It is a game of chess, you use your mind," said Roland Manahan, the command senior chief for CSSG-3, company chief for 21st Dental Co., and field manager of Paintball Hawaii aboard MCB Hawaii, Kaneohe Bay. "Before you make a move in paintball, you need to look at the other players on the field and communicate with your teammates to capture the objective...in this case the flag."

Manahan, along with a five-man group of other paintball players including civilians, Marines, Navy and Air Force, are

part of the MCB Hawaii, Kaneohe Bay paintball team, the Volcanoes, who are sponsored by the Single Marine and Sailor Program. The Volcanoes are at this moment preparing to compete in the "Best of the West" Paintball Tournament in Maui, Aug. 9 and 10.

"Paintball takes dedication, anyone could come out here and play and anybody can be good," said Manahan. "It's not over powering, there are no boundaries in paintball, it's not about strength."

Paintball, according to Joshua Whann, an avid paintball competitor, Volcano team member and the military justice chief at Base Legal aboard MCB Hawaii, Kaneohe Bay, has been around for about 20 years. The game was started by lumberjacks who used the markers (guns) to mark trees and ranchers who used them to mark cattle.

"These guys somehow decided it would be more fun to go after each other."

See PAINTBALL, C-6

Team Stop-Loss couldn't stop loss to 1st Radio Bn.

Alexis R. Mulero
Combat Correspondent

First Radio Battalion pounded Team Stop-Loss at Riseley Field, June 13, 18-1 and 22-2, to retain its Intramural Softball Championship.

The defending champions were able to avenge their earlier loss suffered to Team Stop-Loss during the championship tournament, June 11.

"Team Stop-Loss beat us once during the tournament," said Jim Murray, coach of 1st Radio Battalion. "They basically awoke a sleeping giant. Everybody on the team came up big throughout both games. We felt we could do no wrong and we were catching all the breaks."

In addition to the 1st Radio Bn. sticks being hot, their pitcher, Jerry Knight pitched a brilliant game by puzzling Team Stop-Loss hitters with an array of pitches and confining them to 3 runs in two games.

"Our pitcher really rose to the situation," said Murray. "He cooled off some really hot bats and was able to shut down Team Stop-Loss's offense."

All in all, it was a great softball season for both the 1st Radio Bn. powerhouse who finished with a record of 19-2 and the disgruntled Stop-Loss team who finished 12-9.

"The core of our team has a lot of experience having played at regional and all-Marine levels," said Murray. "Also, many of us have played together for several years."

Olympic sailor, K-Bay instructor sets her sails high

Lance Cpl. Monroe F. Seigle
Combat Correspondent

When you set your sails high, the winds are bound to take you somewhere.

Ask Molly O'Bryan, a sailing instructor at the Outdoor Recreation Center and Marina and a member of the United States Sailing Team. She has been to many different locations to compete in competitions.

O'Bryan began sailing in San Diego where she was born and raised. The first time she stepped on a sailboat, she was 6 years old. By the age of 10, she had graduated to racing.

"I liked the people that you meet when you sail," recalled O'Bryan as a smile spread across her sun-bleached face. "It's like a big family. We get to travel around the world to have our competitions."

O'Bryan began her sailing career at the San Diego Yacht Club in Naples Sabots and then competed with the University of San Diego High School from 1993 until 1997.

She then came to the University of Hawaii at Manoa where she was a mem-

ber of the Varsity Sailing Team.

In 2002, O'Bryan won the Wayne Night Award from San Diego Yacht Club, an honor given to the best sailor under the age of 30. She also won the Jack Bonham Award from the UH Athletic Department in recognition of her athletic excellence, academic achievement, public service, leadership and character.

"I have won a few awards," said a modest O'Bryan. "I still have my drive to compete. A lot of sailors loose that drive before they turn my age. They go to college and then stop because they think they do not have the time or they can't get sponsored. I love doing it. My drive gets stronger every time I hit the water."

Currently, O'Bryan is able to compete every other weekend and frequently visits locations such as Florida, Texas, California and Spain. Her next stop is a return-trip to Cadiz, Spain, where she will compete in another Olympic competition.

"Many countries sponsor their sailors,

See SAILING, C-6



Lance Cpl. Monroe F. Seigle

Molly O'Bryan (front) and Annelise Moore enjoy a day of sailing. O'Bryan, an MCB Hawaii sailing instructor and United States Sailing Team member, is planning on competing in the Olympic competition in Cadiz, Spain.

BASE SPORTS

Edward Hanlon V MCCS Marketing

MCCS Holds Softball Tournament

Marina Offers Sailing Lessons

MCCS sponsors the ‘101 Days of Summer’ campaign

MCCS and MCB Hawaii is sponsoring the “101 Days of Summer,” a drug and alcohol prevention campaign, from June 21 until Sept. 21.

This campaign is designed to create a summer long program to reduce illegal drug use and to promote responsible use of alcohol, while encouraging participation in healthy alternatives.

Unit registrations are due on or before June 21. Contact Mr. Quentin Redmon, SACC drug demand coordinator, Bldg. 579 or call 254-7636.

Base Pool Hosting Swim Meet

The base pool is hosting a swim meet June 27, as the first event during the 101 days of Summer campaign.

Entry deadline is June 25 by 5 p.m. to Harry Sprague , the water safety advisor at the base pool. For more information call 254-7665.

A softball tournament will be held June 27, 28, and 29 at Riseley Field as the second event of the 101 Days of Summer campaign.

The entry fee is \$100 per team. The deadline is June 24 at 5 p.m.

Bring entries to the Athletic Office at the Semper Fit Center. For more information contact Joe Au, the intramural sports coordinator, at 254-7591.

Klipper Hosts Adult Golf Clinic

Need to work on the game a little? Join Leland Lindsay, a member of the Professional Golf Association, at the Kaneohe Klipper for a four-week golf clinic, today and following every Friday from 5 to 6 p.m.

Learn more about your swing, from long and short game, pitching, putting, golf etiquette and even the rules.

The class is limited to 25, and costs \$80.

Call 254-3220 for more information.

The base marina is now offering introductory sailing lessons.

Upon completion of the five-class course, patrons will be able to put their skills to work with one of the numerous sailboats on hand at the base marina.

The classes are designed for patrons who work during the day and are offered from 5 to 7:30 p.m.

Costs range from \$69 to \$99, depending on pay-grade.

Call 254-7667 for more information.

Intramural Leagues Battle

The Intramural Sports Teams are still battling every week to decide who’s best. Softball goes every Monday, Tuesday and Wednesday at 6, 7, and 8 p.m. at the Annex or Riseley field.

Intramural volleyball goes every Thursday and Friday starting at 6 and 7 p.m.

Intramural 30 and over basketball goes every Monday and Thursday at 6 and 7 p.m.

For more information on ei-

ther softball, basketball or volleyball, call 254-7591 or 447-0498 at Camp H.M. Smith.

Marina Offers Equipment and Rentals

Spring into water sports at the base marina. Enjoy a day of sailing and sightseeing in one of its sailboats, powerboats — or for larger parties — one of the pontoon boats.

Rentals are available for sailing, water skiing, fishing, kayaking and windsurfing.

Sailing classes are taught year-round for every skill level and for boat owners.

Two boat launch ramps are provided, as well as boat storage at the marina pier.

Everyone can enjoy a day by the bay at the base marina.

For more, call 254-7667.

Adventure Training Makes PT Fun

“Adventure Training” is designed to promote unit cohesiveness and enhance confidence in the water. It is a fun alternative to regular unit workouts.

Learn different water sports and conduct PT at the same time.

Classes are offered in scuba, kayaking, power boating and water skiing, at no charge to all MCB Hawaii units.

Training noncommissioned and staff noncommissioned officers should call 254-7667 for more information.

Water Aerobics Makes Waves at Base Pool

For a change of pace, enjoy

exercise with Water Aerobics offered at the base pool. At only \$2 per class, it’s a cost-effective exercise program. Or, buy a book of 10 class coupons for only \$15.

Classes are offered on Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m., Tuesday evenings from 5 to 6 p.m. or Saturdays from 10 to 11 a.m.

To get more information or to have ask questions on aqua aerobics, call the Kaneohe Bay base pool at 254-7655.

Semper Fit Offers Massages

Massage therapy by certified massage therapists is now available aboard MCB Hawaii.

The massage therapy program will help relieve mental and physical fatigue, improve overall circulation and body tone.

To make an appointment, call the Semper Fit Center at 254-7597, or 477-5197 at Camp H.M. Smith.

Paintball Takes Aim

Let your “inner-predator” come out to play. Spend a day practicing your combat skills with Paintball Hawaii.

The paintball field is open Fridays, appointment only; Saturdays, 9 a.m. - 5 p.m.; and Sundays, noon - 5 p.m.

The cost is \$25 per person for all day entry and includes your first air fill, and equipment rental. Cost is only \$10 if you bring your own equipment. Paintballs available for \$50 (2000 rounds.) All day is \$10 after first air fill. Special unit training groups welcome, the cost is \$20 per person(min. 5 people.)

Base All Stars

NAME: Molly O’Bryan

BILLET: Sailing instructor for Marine Corps Community Services

AGE: 24

SPORT: Sailing

- She has traveled to Europe and competed in the Barcelona Olympic Race Week.
- O’Brien was a member of the 1995 Sailing/Rolex junior sailing team.
- She won the Wayne Kight award from the San Diego Yacht Club.



Lance Cpl. Monroe F. Seigle

“Sailing is a sport you have to constantly train for. I love the friendly competition .”

Intramural standings come in

INTRAMURAL SOFTBALL STANDINGS		
	WON	LOSS
1ST RADIO BN	19	1
CHRONICS FACILITIES	17	3
MESS HALL	13	6
HQBN	11	8
MCAF	11	8
1/12	10	9
MAG 24	10	9
CSSG-3 SUPPLY	11	10
CSSG-3 MAINT. CO	10	10
TEAM STOP LOSS	8	10
MFP BAND	5	10
VP-47	4	15
VP-4	2	17
*Standings current as of June 4.		

COMMUNITY SPORTS

HTMC Hosts Hikes and Climbs

Sunday at 8 a.m., the Hawaii Trail and Mountain Club is planning a treasure hunt, and you’re invited.

The club is planning a different kind of event.. There is some hiking involved, along with puzzle solving. Teams will compete to be first to find and solve all the clues..

For more information, call 247-8845

State Offers Free Recreation Classes

Education classes are being offered by the Hawaii Department of Land & Natural Resources. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care, and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoy the outdoors — not just hunters.

The next two-day session is today, from 5:45 - 10:15 p.m. and Saturday, from 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.)

For more information on the class, call 587-0200.

UH to Sponsor Camps for Youth

Future baseball players from 8 to 18 can attend the University of Hawaii baseball team’s annual summer baseball camps, which are conducted by UH coaches and players, as well as other college and area high school coaches.

“I would like to invite you to our Rainbow Baseball Camp,” said Mike Trapasso, head baseball coach. “It is a great opportunity to improve your skills in all phases of the game. The instruction will be in depth.”

The June 23 - 27 Day Camp will cover all aspects of the game; the June 28 and 29 Pitching or Catching Camps and the July 5 and 6 Hitting Camp will focus only on those aspects of baseball.

Cost is \$175 for the Day Camp and \$110 each for the Pitching, Catching or Hitting Camps. The location of the camps is the Les Murakami Stadium on UH, and sessions will run from 9 a.m. to 4 p.m.

Camps are limited to 200 applicants, and each camper will need proper clothing (shorts may be worn): a hat, baseball glove for pitching and day camps, a bat for hitting and day camps, and catcher’s gear for catching and day camps. Campers must provide their

own lunch.

For more information, call 956-6247.

Bellows Hosts Outdoor Recreation

This spring, you can be awash in outdoor activities at Bellows.

You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard.

Also, learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more details, call 259-8080.

City Presents Program

Interested community groups, local businesses, schools and churches are invited to become part of the “solution to pollution” by becoming community stewards through the City and County of Honolulu’s “Adopt-A-Stream” program.

The program is intended to promote environmental awareness and understanding about non-point source pollu-

tion.

Under the guidance of the Department of Facility Maintenance, interested groups that want to help make a difference in improving the water quality in the Ko’olaupoko area can receive certification to adopt their own section of stream and keep it free from litter and other pollutants.

Each approved group will get a sign displaying the organization’s name, for posting by its section of the stream.

For more information on Adopt-A-Stream, call 527-5669.

Bellows Sponsors Camping

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu.

Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week (a \$56 savings).

SPORTS AROUND THE CORPS

Team Marines racing victorious in Kentucky

“Don’t worry, we have the best car”

Motivational words by Team Marine driver Bobby Hamilton Jr. helped rally his team to a victory after the loss of 12 positions during Busch Series Meijer 300

Sgt. Jimmie Perkins
Marine Corps Recruiting Command

SPARTA, Ky. — On June 16, Bobby Hamilton Jr. drove the No. 25 Team Marines Ford Taurus in dominating fashion, winning the Busch Series Meijer 300 at the Kentucky Speedway.

The race was Hamilton’s from the start. On lap one he passed the pole sitter and proceeded to lengthen his lead over the next 66 laps. Following a quick pit stop on lap 67, the team kept the lead until a caution on lap 87. During the ensuing pit stop under caution, Hamilton was ordered to return to the pits because a NASCAR official believed that the lug nuts securing his car’s left front tire were not sufficiently tightened. This delay cost Hamilton 12 positions, but his faith in his team was still sound.

“Don’t worry, we have the best car,” Hamilton radioed to his team.

Methodically he made up the lost ground, working his way back to second place. He overcame the race leader, Jason Keller, with just four laps to go and drove



Sgt. Jimmie Perkins

The No. 25 Team Marines Ford Taurus, seen here in an earlier race this season, dominated the Busch Series Meijer 300 at the Kentucky Speedway.

his way to his second Busch Series victory, the first for this season.

“We had a chance to quit tonight when the trouble hit, but no one gave up and like true Marines we raced back for the win,” said Hamilton. “The car was awesome from the drop of the green flag. I have never had a race car to drive like this one. To all those Marines out there, I told you we’d get one, now we’re going to get some more.”

This race week was successful for

Team Marines Racing. On qualification day, Hamilton secured the second fastest qualifying time to start the race from row one.

The win moves Hamilton up to seventh position in the points race, just 162 points behind leader David Green. The team finished 8th in points last season, the best finish to date for Team Rensi Motorsports and Team Marines.

The partnership with Team Rensi Motorsports and the Marine Corps’ in-

volvement with NASCAR continues to be one of the Marine Corps’ most visible and exciting marketing programs.

“There are similarities between NASCAR and the United States Marine Corps,” explained Capt. Robert Geiger, Marine Corps Recruiting Command. “Both include individuals looking for a challenge, working together as a team to reach an established goal, and giving your best every day to succeed in your chosen profession.”

Sufferers correct flat feet before adolescence

NAPS
Featurettes

Often left untreated, flat feet in children can lead to serious foot conditions later in life, but research shows that surgery performed before adolescence can be highly successful in correcting the deformity, according to the American College of Foot and Ankle Surgeons (ACFAS).

Flat feet are difficult to distinguish in young children until the arch develops between ages six and nine. Some eventually outgrow the condition. Those who don't frequently complain of calf pain, cramping or fatigue, and parents notice collapsed arches and ankles that turn inward. Left untreated, childhood flatfoot can lead to arthritis and other foot problems as adults. There are several treatment options, including shoe modifica-

tions, orthotic inserts, physical therapy, stretching exercises, anti-inflammatory medications and surgery.

A study co-authored by Darryl Haycock, DPM, FACFAS, evaluated 37 pediatric patients for 18 months following surgery to correct flexible flatfoot. The authors assessed structural correction success using x-rays and physical examinations, and also measured patient-satisfaction levels with the Child Health Questionnaire (CHQ), a self-administered survey designed for children five years and older.

"The CHQ offered an in-depth look at physical function and also gauged the patients' psychological and interpersonal relationships with their parents," says Haycock. "Our results show that just four months following surgery, these patients were functioning as well as other children regarding physical function, lack of pain and psychological well being."

Haycock notes that the CHQ findings and the excellent clinical outcomes show that flatfoot surgery is a safe and reliable option for pediatric patients who don't respond to conservative treatment. He advises parents to consult a podiatric foot and ankle surgeon if children persistently complain about leg cramps and pain in the calf, foot or arch, or if parents are concerned about flat feet.

"It shouldn't hurt to grow, so if your child has pain, treatment should be initiated," he says. "Flat feet should be corrected before adolescence to restore normal walking and prevent arthritis and other future complications."

For further information about foot and ankle conditions and to locate a podiatric foot and ankle surgeon, contact ACFAS toll-free at 1-888-THE FEET or at www.acfas.org.

Many are unaware treatment works on arthritic feet

NAPS
Featurettes

Your feet take tremendous abuse. Walking on cement can give each foot a 180-pound jolt with each step. Many people experience arthritis of the feet, but few are aware that this condition can often be successfully treated.

Arthritis is caused by the erosion of cartilage, the connective tissue at the ends of bones which allows bones to glide freely on one another. Walking on a foot with painful arthritis is similar to running an automobile without oil in the engine; the parts can't move smoothly. Eventually they grind on each other.

Other causes of degenerative arthritis are excessive motion in a joint, caused by an unstable foot or by trauma such as sprains and fractures. As arthritis progresses, it may cause pain and stiffness (especially in the morning) and eventually may limit everyday activities.

Although arthritis of the feet and ankles may have different causes, the treatments are often similar. X-rays are required to correctly diagnose arthritis.



Sgt. Jerome Edwards

Taking care of your feet in the early years of your life can limit the possibility of suffering the painful conditions of arthritis.

Conservative (non-surgical) treatments may consist of strappings; arch supports (orthotics); supportive shoes; cortisone injections; and medications and physical therapy to relieve the symptoms.

Surgical treatments may include removal of bone spurs; partial removal of the arthritic joint; fusion of the joint to limit the motion which causes the pain; and joint replacement.

In most cases, reconstructive surgery can bring improvement. Relief of pain is the most common benefit, but others may include an improved ability to move the joint, and an improved appearance. Surgery usually requires only one to two hours and is often completed on an outpa-

tient basis. Surgical treatment will not cure arthritis or completely restore the joint to its natural health, but it will ease pain and make daily activities more manageable.

Podiatrists are foot care specialists who offer state-of-the-art treatment. Your podiatrist will examine your feet, possibly perform tests such as X-rays, and review the different treatments available for each condition. In many cases, the pain associated with arthritic conditions can be alleviated, allowing increased mobility and a healthier lifestyle.

For more information on the available treatments for arthritis call 1-800-FOOTCARE or log onto the Web site www.apma.org.

New studies show you can heat away low back pain

NAPS

Featurettes

According to two recent clinical studies, patients can turn to continuous, low-level heat therapy for effective relief of acute low back pain.

Published in Archives of Physical Medicine and Rehabilitation, the studies showed that patients treated with heat experienced pain relief that lasted for at least two days after treatment was stopped-a first for back pain remedies.

“We’ve always known that

heat makes you feel better, but have never known why or how,” said Deborah J. Steiner, M.D., the principal investigator of the trials and director of clinical research, Research Testing Laboratories, Great Neck, N.Y.

To find out, Dr. Steiner and colleagues evaluated almost 300 patients with acute low back pain in two studies, one conducted during the day and the other during nighttime.

Patients were randomly assigned to receive eight hours of continuous, low-level heat therapy per day for three consecutive days, or nights while sleep-

ing, or oral placebo.

“The daytime study demonstrated that heat therapy not only provided significantly greater (68 percent) pain relief than placebo, but also reduced muscle stiffness and improved flexibility, effects which lasted for at least two days after heat wrap use,” Dr. Steiner said. “In addition, the nighttime study showed that patients wearing heatwraps while sleeping reported effective pain relief that lasted throughout the next day.”

Back pain affects an estimated four out of five Americans, making it the leading cause of

disability for adults under the age of 45.

In most cases, back pain results from some combination of overuse, strain or injury to the muscles and ligaments that support the spine.

While traditional treatments have included increased physical activity and oral non-prescription pain relievers, physicians are increasingly focusing on reducing stress to the spine by using exercise and heat to relax the surrounding back muscles.

“The good news is that the many benefits of heat therapy

are easily accessible to physicians and pain sufferers alike,” added Dr. Steiner.

The air-activated heat wraps are designed to provide at least eight hours of continuous low-level heat therapy, powerful pain relief, and deep muscle relaxation.

Once exposed to air, the heat wraps reach a therapeutic temperature of 104° F within 30 minutes, which increases circulation, thereby enhancing the body’s natural restorative process.

For more information log on to www.thermacare.com.

APF study shows most pain is preventable

NAPS

Featurettes

According to the American Pain Foundation, nine out of 10 Americans report experiencing pain at least monthly; many, more frequently. Many people self-treat minor aches and pains with over-the-counter (OTC) pain relievers. OTC medications make dealing with pain possible without a doctor’s prescription.

Unfortunately, many people neglect to involve their doctors or pharmacists in their self-treating decisions and — since there are serious risks when mixing OTCs with prescription drugs, alcohol

and dietary supplements — consumers may be cooking up a recipe for disaster.

The reality is OTC pain relievers can cause serious complications such as stomach bleeding, liver and kidney problems and ulcers; sometimes without warning. OTC painkillers come in two categories: non-steroidal anti-inflammatory drugs (NSAIDs) and acetaminophen. NSAIDs include many common medicines (aspirin, ibuprofen, naproxen, and the brand-name versions of these).

According to a recent National Consumers League (NCL) survey, NSAIDs are the pain reliever of choice of two-thirds of OTC users. These drugs

work at the site of pain or injury to reduce inflammation and discomfort. The other kind of pain reliever, acetaminophen (Tylenol), does not reduce inflammation. It’s in most cold medications.

Regardless of the medication pain sufferers choose, according to the survey, they often do so without regard to possible side effects and interactions. Almost half of those who use OTC pain relievers knowingly take more than the recommended dose. Many ignore critical label information: 16 percent admit to not reading the label at all. Experts say this behavior is risky but the results pre-

ventable.

“Consumers don’t have to use a blindfold when choosing and using OTC pain medications. Safety information is included on labels for a reason,” says Linda Golodner, NCL president. “It’s critical for consumers to read the label completely and always take the recommended dose or follow a doctor’s instructions.”

For more information, and a brochure, OTC Pain Meds: What Helps, What Hurts, call: 866-216-2316 or visit www.nclnet.org/otc pain.

SAILING, From C-1

but the U.S. does not," explained O'Bryan. "I am not sponsored, so I have to pay for all the competitions myself. That's why when I win an award, I appreciate it much more because I know I truly earned it."

O'Bryan has set some high goals for herself. She is determined to achieve in the top ranking for the U.S. Women's 470 Team by August and represent the United States in the Women's 470 Sailing Class at the 2004 Summer Olympics in Athens, Greece.

"You have to stay determined when you are racing," said O'Bryan. "If you loose your focus for a second in a race, you can loose a lot of distance. You have to constantly practice like you are in an actual race. That's why I like racing so much - it's highly competitive with a friendly, family-like environment."

PAINTBALL, From C-1

er," said Whann. "It ended up becoming paintball."

The players at first used pumps on the markers to fire the paint. Meaning they had to pump their marker once, then fire, then pump again. "It was a slow process, but it got the job done," said Whann.

As technology expanded, the game evolved, and the markers became semi-automatic.

The game split off into two separate forms of the game.

"There are guys who play in the woods, and wear camouflage, playing scenario games that involve planning, missions and commanders," said Whann. "Then there is speed ball, or hyper ball, which is what we play and offer here at Paintball Hawaii."

Speed Ball is played on a small course, usually about 120 by 100 yards. The objective of the game is to acquire the center flag and bring it to the opponents' station.

"What you have to realize is that there are five to seven people coming at you to stop you, it is not that easy," said Whann. "You need the help of your teammates to get by the opposing team."

According to Whann, paintballs can sting and they do have the ability to do permanent injury, but that is why the safety regulations are there.

At Paintball Hawaii the safety regulations are simple:

- * Anywhere near firing, you must

wear a mask.

- * There is no firing in the staging area
- * The markers must be regulated to 285 feet per second for adults and 225 feet per second for children.
- * A barrel sock - a barrel blocking device -must be used in between games in case of accidental discharge.

Paintball Hawaii is open on Fridays by appointment only, usually for unit play. They are open to anyone, including walk-ons, Saturdays from 9 a.m. - 5 p.m. and Sundays 12 p.m. - 5 p.m.

There are three fields available for play, the Wood field, the Tire field and the Lego field. It is the players choice which fields to play.

According to Manahan, complete rental and all day play is \$25, which includes a CT2000 marker, a mask, goggles and the first airfield.

All day air is \$10, and Paintball Hawaii offers either Co2 or compressed air, depending on what the player prefers. Players also have the choice of bringing their own paintballs or purchasing them at the field. Prices vary depending on type.

A group rate is offered for more than five people, which gives each player \$5 off the rental of equipment. Unit functions and birthday parties are welcome.

For more information, contact Paintball Hawaii at 265-4283, or go to its web site www.PaintballHawaii.com.

"This is our golf," said Manahan. "You don't have to be military to enjoy it, it's open to all."



John Schieltz, a member of team Volcano, aims his marker against the opposing players of team Volcano, during a practice game at Paintball Hawaii. Team Volcano will be leaving for Maui to compete in the “Best of the West” tournament Aug. 9 and 10.